

HOTZE **on** WELLNESS

July 2018 · Vol. 3, No. 7

Happy Birthday
DR. HOTZEA LETTER FROM
DR. HOTZE

Happy Independence Day to you and your family! Summertime is here and everyone is excited to get out and enjoy the outdoors! However, if you're a woman who has just had a hysterectomy, then those frustrating hot flashes may be making you wish it was still winter.

Ladies, has your doctor ever recommended that you undergo a hysterectomy? If you have experienced symptoms such as heavy bleeding, uterine fibroids, or endometriosis, then your doctor may have assured you that this is the best choice. However, you may be unaware of what happens to your hormones after a hysterectomy.

Unlike natural menopause that gradually occurs over time, surgically induced menopause causes an instant decline in progesterone, estrogen, and even testosterone production. A woman will feel dramatic changes in her body as she experiences symptoms such as hot flashes, night sweats, weight gain, depression, anxiety, mood swings, vaginal dryness, low libido, insomnia, brain fog, fatigue, migraines, frequent urination and urinary incontinence.

If estrogen dominance is bad news for a woman's libido, a hysterectomy can be devastating. About half of a woman's testosterone is produced by her ovaries, with the other half produced in the

adrenal glands. Women who undergo a total hysterectomy, with the removal of their ovaries, immediately lose 50 percent of their circulating testosterone. The resulting symptoms of low libido, fatigue, and malaise often are attributed wrongly to the sharp drop in estrogen, when in fact the abrupt decline in testosterone levels is the culprit.

Even if the ovaries have been spared, their blood supply has been compromised, and ovarian dysfunction or atrophy commonly occurs causing a predictable drop in hormone levels which can make women feel absolutely miserable.

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MENOPAUSE

by Debbie Janak, RN, FNP-C, Hotze Health & Wellness Center

Menopause is officially going twelve months without a period. The average age of menopause is quite wide, thirty-five to fifty-five, and can be quite bumpy for some women. The cessation of periods gives most women a collective sigh of relief, and no worry about pregnancy. Women can also experience surgical menopause after a hysterectomy and after chemotherapy.

During perimenopause, the ovaries are starting their decline of hormone activity. The first hormone lost is progesterone. Progesterone is made when there is ovulation. Testosterone tends to be right behind it. The last hormone to decline is estrogen. During perimenopause, women are estrogen dominant unless they are already taking progesterone.

Vasomotor symptoms during early menopause can be very bothersome for some women. Those dreaded hot flashes and night sweats are very real. There is a continuum of menopausal symptoms for women. The bad end has

lots of hot flashes and night sweats and the other side can be very mild.

The solution is to restore your hormones with bioidentical hormones and balance all the female hormones. This can be easy in some women by adding Bi-Est as estrogen replacement and continuing progesterone treatment. To another woman, she might not feel right until estrogen, progesterone, testosterone and DHEA are all balanced. Every woman is different with her hormone needs. Sometime hormone labs can be a valuable piece of the puzzle.

Sometimes, women will experience hot flashes and a disruption of sleep. It could be a sign of low estrogen, but it can also be related to diet. A diet higher in simple carbs and sugars can cause the blood sugar to bottom out or get too low during the night and this can cause a hot flash just as bad as low estrogen. This type of hot flash is caused by an adrenaline surge during the night to increase available blood sugar for the

brain and cells of the body.

Weight gain is the second most common complaint of most women at menopause. Even though estrogen gets a bad rap in perimenopause, estradiol is a woman's weight loss hormone. If estrogen is low and progesterone, testosterone and DHEA are normal, a woman may gain weight around the middle. Higher progesterone in relation to estradiol causes increased fat storage and decreased sensitivity to insulin. High estrogen levels compared to low progesterone levels may add weight to the hips. Elevated cortisol due to hormonal turmoil will add weight to the abdomen and also increases insulin resistance.

This article touches on only a few menopausal symptoms. The list goes on with symptoms. The treatment of all symptoms is to have your female hormones in balance and to make sure your personal hormonal symphony is in tune.

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DANGERS OF UNOPPOSED ESTROGEN

by Kim Bennett, RPh, Hotze Pharmacy

TO FUNCTION OPTIMALLY,

the female body requires a balance of estrogens (a trio of related hormones called estradiol, estrone, and estriol) and progesterone. The ovaries are the primary site for the production of both the estrogens and progesterone. But while both estrogen and progesterone levels decline with age, progesterone declines much more dramatically. By menopause, a woman's progesterone level is likely to be a mere 1/120 of the level she experienced in her early twenties. This is called estrogen dominance.

Estrogen dominance occurs when the hormonal balance is shifted in favor of the estrogens, and estrogen is unopposed by progesterone. This condition just as correctly could be called progesterone deficiency. Progesterone deficiency usually begins in midlife, around 35 years of age, and continues until menopause. Progesterone levels fall as women have anovulatory cycles (when ovulation does not occur) and as their ovaries age. Keep in mind that a woman who is not ovulating produces no progesterone in her ovaries. Meanwhile, we're living in an environment that is full of xenoestrogens that mimic estrogen in our body and disrupt hormone

balance, which tips the scale further in favor of estrogen dominance and progesterone deficiency. So why should you be concerned about estrogen dominance? It causes many unwanted health symptoms and increases your risk for cancer.

Symptoms of estrogen dominance or progesterone deficiency include:

premenstrual headaches often migraine in nature, fluid retention, weight gain, anxiety, panic attacks, low libido, PMS, menstrual cramps, breast tenderness, depression, fibrocystic breast disease, uterine fibroids, ovarian cysts, menorrhagia (heavy, painful menstrual periods), endometriosis, functional hypothyroidism, and increased risk of breast cancer and endometrial cancer.

DID YOU KNOW THAT THERE ARE FIVE SPECIFIC TIMES IN A WOMAN'S LIFE WHEN SHE IS AT HEIGHTENED RISK FOR ESTROGEN DOMINANCE?

- ▶1. Puberty
- ▶2. After childbirth
- ▶3. When taking birth control pills
- ▶4. During midlife
- ▶5. When placed on counterfeit hormones, such as Premarin, prior to or after menopause.

Conventional doctors tell women that once they enter menopause or have had a hysterectomy that they don't need progesterone anymore, but this couldn't be further from the truth. Women do still need progesterone even in menopause in order to balance the estrogen. Beware that conventional doctors also prescribe drugs such as Premarin, which contains potent horse estrogens and has dangerous side effects.

The natural, safe solution is to restore your progesterone levels and balance the estrogen with bioidentical progesterone that is molecularly identical to the progesterone made by your human body. This will help keep your body in balance and healthy!

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on your order of Hotze Face & Body Revitalizer Oil during the month of July!

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FLAXSEED FOR MENOPAUSE SYMPTOM RELIEF

by Jackie Martinez, Vitamin Consultant, Hotze Vitamins®

Whether it comes naturally, or comes earlier in life after a hysterectomy, menopause is probably the most challenging time for a woman in regards to her health, and comes with the most challenging symptoms to manage. Night sweats, hot flashes, low libido and low moods are just a few of the struggles that menopausal women will face. Hormone therapy is the first choice for many of us, because with bioidentical hormones, it makes sense to refill what's low. However, whether you choose to do hormone therapy or just need additional symptom support, better nutrition can help improve your quality of life. With a healthier eating plan, mild menopause symptoms will lessen and you may even feel completely wonderful. It takes a little bit of work to purposely incorporate key supernutrients into an already healthy eating plan (a Yeast-Free or "Keto" type eating plan is best), but when you do this, you will feel *much better*. One key nutrient shown to reduce mild but bothersome symptoms of menopause is **ground flaxseed**.

How do flaxseeds help?

Flaxseeds are high in omega 3-fatty acids, which reduce inflammation and promote cell health and proper hormone assimilation. The anti-inflammatory effects can reduce general menopause related headaches and joint pain. Proper hormone assimilation promotes improved hormone balance and can help improve moods. Japanese women have a diet high in omega-3 fatty acids and it is thought that this is the reason why they have very few symptoms of menopause. Omega-3 fatty acids in flaxseeds can also boost memory and mental sharpness which tends to decline during menopause.

Ground flaxseeds are high in fiber. Eating at least 21 grams of fiber per day is recommended for general health, and helps reduce constipation related to menopause. The fiber in flaxseeds can also help prevent the weight gain that can also accompany menopause, and has been shown to reduce breast cancer risk in premenopausal women.

How can I get flaxseeds into my diet?

There are a few ways to get ground flaxseed into your diet. You can sprinkle ground or whole flaxseeds

onto a salad, or you can mix in ground flaxseed into your favorite high protein organic yogurt. You can also use ground flaxseeds as a flour replacement in your favorite recipes. One of my favorite ways to get the benefits of flax is to take flaxseed oil in the form of soft gels. Hotze Vitamins carries these, and the product is called Omega Nutrients. Each soft gel contains 1,000 mg of organic flaxseed oil.

How much do I need?

The studies that show ground flaxseeds reduce mild menopause symptoms used about 40 grams of ground flaxseed per day. That's 2-3 tablespoons, which could be a challenge to work into your diet. Ideally, try to get 1-2 tablespoons of ground flaxseed into your diet every day, and then take 3 softgels of Omega Nutrients daily, as well.

Menopause symptoms can be a challenge, but with good nutrition, and by adding supernutrients into your eating plan like ground flaxseed, you can feel much better and have fewer symptoms. It's a natural approach to a natural phase of life.



Get 10% off

your purchase of Omega Nutrients Flax Oil during the month of July!

Use Promo Code FLAX10 at checkout.

Visit hotzevitamins.com or call (281) 646-1659 to order.



TWO WAYS TO FEEL MORE CONFIDENT THIS SUMMER

by Erica Torres-Dudziak, Certified Life Mastery Consultant & Success Coach

Regardless of what size bathing suit you are wearing, many women dread the thought of having to put a bathing suit on every summer. As a woman, each of us has a picture of what we believe we “should” look like in a bathing suit or in summer clothes and if we don’t fit that image, our self-esteem can take a hit. Then instead of feeling and projecting our best, we shrink, avoid, and cover up.

Enough is enough, right?

Since we create the image of what we think we “should” look like, usually in comparison to others, what if we changed that image for ourselves? What if a beautiful body meant that we had some dimples, brown spots, extra cells to love on, etc.? What if we stopped looking at images in the magazines and created our best version of ourselves in our mind for what we could look like this summer?

By the way, I am *not* talking about settling for a body that may have been neglected for the past few years, but you can work on your body *and* begin to see the next best version of yourself *now*.

So bring to mind the best version of *you* and let’s jump into 2 ways you can boost your confidence this summer, not in 6 months after you lost the weight you wanted to lose.

1. Instead of hiding, *highlight*

When we are feeling frumpy, we tend to cover up. What are some of your assets? You know, the parts of you that you love—your arms, your hair, your eyes, your breasts, etc.? How can you accentuate the best parts of you this

summer, especially if you have to get into a bathing suit? Play up the part of yourself that you love! Purchase summer clothes that flatter your beautiful shoulders and then get narrower at the waistline to accentuate a smaller waist. Also, if you feel you are overweight, **ditch** the horizontal stripe tops!

2. Get ready *consistently*

I know it’s hot in the summer, especially if you live in Texas, but when we get ready, we feel better about ourselves. When we allow our brain chatter to sell us on the idea that it’s hot, and instead of getting ready put on frumpy clothes with no makeup, we make even poorer food choices. We are less likely to make good decisions about our meals when we don’t feel good about ourselves. Make it your priority to feel pretty—notice, I didn’t say look pretty as that is subjective.

Here is the deal, ladies...we are our own worst critics. Do you know why people don’t care as much about how you look in a tank top, shorts, or bathing suit? You got it! Because they are too worried about how they look! Pick out clothes this summer that make you feel good. If you don’t own any, get some. Make it a priority to feel good because it has a **positive** impact on your confidence at work and in your personal relationships. It effects your mood and desire for wanting to participate in activities and engage with people. As you are working on getting more fit, do what you can do to **feel** beautiful in the meantime.



If you are interested in working with Erica, you can reach her at Erica@torresdudziak.com. Just put Hotze in the subject of the email to qualify for the free a session.

MONA SOLAR: FEELING ALIVE AGAIN

As a result of surgical menopause, Mona was on a downward spiral that led to the following symptoms: fatigue, depression, weepiness, anxiety, brain fog, insomnia, hot flashes, night sweats, joint pains, thinning of skin, hopelessness, and no energy. She felt like her brain had turned off and that she had aged 20 years overnight.

Mona was unable to get her day started, with only a brief lift in energy during late afternoon. She felt unmotivated and that her life was put on hold. She felt emotionally and mentally fragile and didn't know how and if she would be able to work. She went from someone who was a go-getter to feeling drained. Her quality of life had deteriorated to the point where she felt desperate and needed a change.

Prior to her total abdominal hysterectomy, Mona asked her medical team what they were going to do for her hormonally and they offered antidepressants. Post-surgery, she again asked what other options were available and was told by her physician that he was not an expert in hormones, but he could prescribe Estrace.

She left feeling confused, angry, and motivated to get her quality of life back. She opted not to take the Estrace or the antidepressant and started to research everything she could get her hands on regarding hormones, which led her to a TV video clip of Dr. Hotze. It was an interview with Dr. Hotze and one of his patients. Listening to the woman's success story and Dr. Hotze's treatment philosophy really resonated with Mona. She then proceeded to read through almost every article and testimonial on the Hotze website and knew that she had to make the trip to Houston, Texas.

Mona had a very thorough consultation with Dr. Ellsworth and he gave her his undivided attention. Said Mona, "He intently listened to me and provided his feedback with recommendations and explanations. I did not feel rushed and had all my questions answered. I left the office that day with a sense of relief and confidence that the worst was over."

Mona was prescribed a BHRT regimen to address her various hormonal imbalances, a supplement

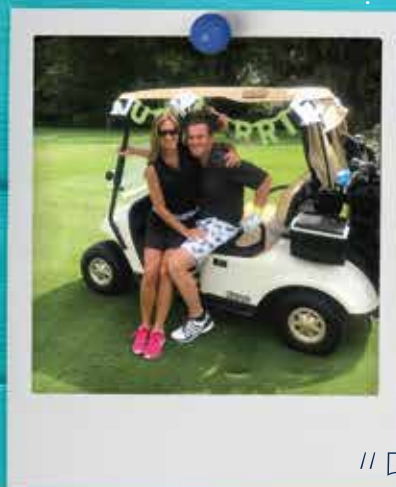
protocol to address underlying nutritional imbalances, and lifestyle modifications.

Said Mona, "Five years later, I am happy and vibrant. All of my symptoms are a thing of the past. Occasionally, there are some modifications made to my BHRT dosing due to life events and/or other physical changes. I feel alive again and have the stamina and motivation to enjoy my life."

Today, Mona is very physically active and loves to be outdoors. "Last year, I married the most wonderful man who was by my side during this whole journey. We've since moved cross-country to Arizona...our new playground. Good-bye freezing northeast winters! He loves to hike and golf and I love to hike and play 9 holes of golf."

"I am also very passionate about clean eating and preparing healthy nourishing meals with a focus on the prevention and reversal of type 2 diabetes and dementia. My culinary degree through the Natural Gourmet Institute, nutritional consulting experience working with an integrative MD, my loved one's diagnosis of frontotemporal dementia, and my relationship with Hotze to keep my hormones in check, all fuel the flame in me to continue learning as much as I can about this area of health and to share that knowledge with others."

Mona would like to say to anyone who is experiencing what she did, "Don't wait! You can start feeling much better now."



"5 YEARS LATER,
I AM HAPPY AND VIBRANT."



SLOW SKIN CHANGES WITH SKINPEN®

by Brittney Wranik, Hotze Aesthetics

Have you ever looked in the mirror and genuinely wondered who was staring back? Don't worry, you're not alone. It happens to all of us at one time or another. Life goes by and everything changes in the blink of an eye. Unfortunately, one of the most obvious and earliest indicators of these changes is very often our skin. It wrinkles, thins and begins to sag all seemingly overnight; but why?

There are a number of factors that cause our skin to age, but one of the largest culprits for these coming-of-age changes is "the change" itself, menopause. The hormonal changes of menopause cause our skin to thin and collagen production to drop, which results in crepey, loose and sagging skin. It's frustrating and unfair, but unavoidable. The effects of the change itself, however, are not (unavoidable). In fact, these effects can be prevented and managed without the use of harmful drugs or invasive procedures.

One of the best, most affordable and

least intimidating options to manage these changes is SkinPen®. SkinPen® helps fight signs of aging, naturally. No really, it does! SkinPen® is a treatment that uses the only FDA certified microneedling device on the market to stimulate your skin's healing ability to naturally restructure fine lines, wrinkles, laxity and crepiness. Unlike treatments like Botox, which artificially produce short term results, SkinPen® provides long-lasting results, naturally. It does so by restoring the true health and integrity of the skin.

During the treatment, this device creates fine microchannels or controlled injuries in the skin to stimulate your body's natural healing process. This process increases collagen production to fill in fine lines, wrinkles, coarse texture, enlarged pores and scars in the treated area. Unlike other anti-aging and rejuvenating treatments on the market, SkinPen® has very little downtime and discomfort. After the treatment, most people experience light to moderate

redness, inflammation and occasional flaking or dryness for a day or two before the skin reverts completely back to normal. During the treatment, most people compare the sensation to a mild but irritating vibrating sensation.

If you have, are beginning to or expect to see the inevitable signs of aging, remember there are safe and effective long-term options for you and your skin. SkinPen® is one of those options – it is not only for those who have noticed drastic signs of aging or those who are looking to prevent these changes entirely. It is an equally great treatment for those who have seen, are beginning to or will see the effects of aging in the future. Choose SkinPen® to naturally restore your collagen production, retexture, reduce lines and restore volume to your skin. It is a safe, non-invasive and non-chemical option for you.



SkinPen® treatments and packages during the month of July. Call (281) 698-8770 to learn more.

A LETTER FROM DR. HOTZE *continued from front page*

In the United States, approximately 600,000 hysterectomies are performed each year. A hysterectomy is the second most commonly performed surgery on women after a cesarean section. Unfortunately, many women are not offered alternative treatment options. It is estimated that up to 90% of hysterectomies may be unnecessary.

A far better solution is to simply replace the missing hormones with bioidentical hormones. Synthetic hormones, such as Premarin and Prempro, are foreign to a woman's

body and have been shown to have a host of negative side effects including increased risk of blood clots, stroke, and even breast cancer.

Bioidentical hormones are identical to the hormones made by your body. You can probably guess which one is the right choice.

Whether you are considering a hysterectomy or have already had one, know that by replenishing your hormones naturally, you can resolve your symptoms and get your life back. If you or someone you know would

benefit from natural approaches to health, then please call us today at (281) 698-8698 for a complimentary consultation.

With much appreciation for your support and friendship, I remain, as always,

Committed to your health success,

Steven F. Hotze, M.D.
Chief Executive Officer

H O T Z E

HEALTH & WELLNESS CENTER INTL

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HI

The still waters of the nearest creek lured the members of the Jorkpolorsue community into its shallow depths. It appeared to be a more plentiful alternative than the one unprotected hand-dug well that served as the only other resource for the 127 people who lived in the community.

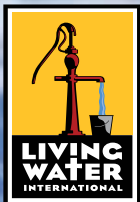


However, the true dangers of the creek came from what lived within its waters: malaria-carrying mosquitoes that used the creek for a nesting ground and mites too small to see until they had already burrowed into the community members' skin, causing the skin disease known as scabies. Tasked as the main water collectors for their families, the women of Jorkpolorsue were the most vulnerable to the effects of the creek. Besides stealing their good health, the unsafe water also stole their time and energy, siphoning it with each trip they were forced to take in order to transport the heavy buckets of brown water. The water crisis also took their peace of mind and left them constantly worried about being able to provide enough water to see to their families' needs. The community members were caught in a cycle of illness and perpetual lack. They

knew they needed to be freed from their continual reliance on the creek. Yet, they did not have the resources they needed to obtain that freedom on their own. They decided to look outward for help.

Community leaders heard about what Living Water International was doing in the area and reached out to request a well. The Living Water staff traveled to Jorkpolorsue and found that, though the community was caught in the grip of a relentless water crisis, the community members were eager to emerge from it as good stewards of a new water source. At a convenient location within the community, the Living Water staff drilled 32 meters into the earth to access an aquifer of safe water. The well was soon complete, and community members were able to drink water from their new safe water source for the first time!

A More Abundant Life JORKPOLORSUE, MARGIBI, LIBERIA



Did you know that whenever you refer a friend to Hotze Health & Wellness Center, we make a donation to Living Water?

To learn more, visit www.hotzehwc.com/referralprogram